

ABSTRACT

A medium for optical recording is disclosed, from which recorded information is reproduced by a laser beam. The medium includes a disk board having a  
5 recording surface, and multiple pits in the recording surface. The pits are included in cells having equal size and varying pit-occupancy rates dependent on the recording information, the pit-occupancy rate being the ratio of area of the pit to area of the corresponding  
10 cell. The depths  $H$  of the pits, the wavelength  $\lambda$  of the laser beam, and the refractive index  $n$  of the board are related as,  $\lambda/6n < H < \lambda/4n$ .